OUTERWEAR TAKES CENTER STAGE AT NYFW

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NOT JUST BLOWING SMOKE

Legalize it. State Sen. Daylin Leach says it's true: Medical marijuana will be allowed in Pennsylvania this year. **Can Corbett ignore it?** Not with support from the majority of the state Senate, Leach says. **Interview.** We asked Leach what's next for the decriminalization bill that's gaining more support. PAGE 02

BILLY BECERRA, METRO

What's cheesy in Sochi? The pants!

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'Love' lessons from 50,000 letters

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Going beyond Disney in Orlando

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Parents: Podcasts for when you're up at 3 a.m.

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1 NEWS

Top 3

What's trending at Metro.us

1 'VIDEO: Samuel L. Jackson schools anchor for confusing him with Laurence Fishburne'

2 '"Game of Thrones" releases 15-minute teaser'

3 'VIDEO: Ski ballet is the one event that should return to the Winter Olympics'

Local tweet

"So torn between cheering for USA Men's curling and cheering for Norway and the pants"

Eyes on the stone, @jhamps10.

Leading the way.
Metro chats with Sen. Daylin Leach on medical cannabis in Pennsylvania.

PROVIDED

DAYLIN LEACH

The progressive state senator thinks Pennsylvania is on its way to legalizing medical cannabis.

DON'T FEAR THE WORD 'MARIJUANA'

One of the most progressive leaders in the state of Pennsylvania is continuing the fight for one of the most progressive issues in our country today: medical marijuana.

Well, marijuana law in general is one of the most progressive, but as state Sen. Daylin Leach (D-Montgomery/Delaware) preaches: one step at a time.

Most recently, Leach — also a congressional candidate — has co-sponsored the Compassionate Use of Medical Cannabis Act, the first medical marijuana bill introduced in state Senate history with bipartisan support. Senate members from both sides of the aisle are supporting the bill, especially after testimony was made last month in the Senate Law and Justice Committee from medical professionals and parents of children who suffer from Dravet syndrome, a form of epilepsy, in which a form of marijuana has reportedly eased seizures in young children.

Why focus on medical marijuana for children with Dravet syndrome?
There are these children who have epilepsy. They have sometimes 100 seizures a day. In order to help them, we give them these horrible medicines that don't work. They've developed a strain of marijuana that is not smoked and cannot get you high. It's an oil under your tongue. There's almost no THC. Eighty-five percent of kids have had 90 percent or greater seizure reductions. If this oil came from anywhere else on the planet, it would be in every CVS and Rite Aid. But because it comes from marijuana, people become irrational and lose their minds. I'm speaking about Gov. [Tom] Corbett specifically.

How has Corbett responded to all this?
He says weird things like 'It's a gateway drug.' We're talking about giving a 3-year-old oil under the tongue. How that translates into that 3-year-old being a crackhead down the line doesn't make sense to me. What he says is obviously not his real reasoning. The only thing I can think of is he gets tied up in this idea of culture wars. This is just about giving people medicine. This isn't about listening to the Doors and eating potato chips.

What's next for the medical marijuana bill?
Very soon, we're going to have the support of the majority of state Senate. When we have 26 co-sponsors, [Corbett] can't say that's not enough. We'll have rallies. We'll follow the governor around the state. It will be interesting to see if the governor says no to a child. Some of the battles we fight — we know they are for the long term. I think we can win this this year.

Will Corbett sign?
This will pass if Gov. Corbett says he'll sign. I think Gov. Corbett will eventually have to do it. Corbett is trying to look like a human being running for re-election. 'We need to help kids, and school, health care, gay people are apparently discriminated against,' [Corbett says]. As part of the 'I'm a human being tour,' I don't think it's consistent with that, pointing at little children who are dying and saying 'Nope, I can't help you.' I can promise you, we're going to keep the pressure on.

On a separate issue — what do you think about legalizing recreational marijuana?
I personally support that. I've introduced legislation to do the same thing here they do in Colorado. What we need is full legalization and treat it exactly like alcohol — tax it, you can't buy it unless you're 21, you can't smoke and drive. I believe it will eventually happen. We've seen support for prohibition crumble in the polls. Once people actually start thinking about it, they are for it.

Quoted

"Disease doesn't know a political party. Any one of us can get sick. If we did, we want the best medicine available."

Leach

Testimony

What the PA Medical Society says

Michael R. Fraser, executive vice president and CEO of the Pennsylvania Medical Society, testified at the bill's hearing last month.

"We acknowledge that there is some evidence, primarily anecdotal, that marijuana may provide relief from nausea to cancer patients, and it is asserted that it may aid in the treatment of glaucoma and post-traumatic stress disorder. We are also aware of recent news stories that oil derived from cannabidiol has aided some sufferers of Dravet syndrome, a rare form of epilepsy."

He went on to say that "anecdotal evidence is just that."

"That cannot be applied to other's experience with great degree of confidence," he added.

The American Medical Association and the Pennsylvania Medical Society have supported "well-controlled studies of marijuana and related cannabinoids in patients who have serious conditions."

He said the PAMED doesn't discount marijuana's efficacy rate on patients but the group would rather build "a better body [of] evidence that allows physicians and other providers to make science-based decisions about the use of marijuana in the treatment of their patients."

CHRISTINA PACIOLLA
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Lose the shoes and dance ... in public

Members of dance squad Tap Team Two performed for passers-by inside the Gallery at Market East on Monday. With support from the Knight Foundation, the Dance in Public Places series began last week and continues in February, featuring 37 dance companies daily from 10:30 a.m. to 6 p.m. / CHARLES MOSTOLLER, METRO

There will be more to love at LOVE Park

Where is the LOVE? Local lawmakers agree on deal to fund the rehabilitation of the infamous park.

LOVE Park will get its facelift.

The stalemate between Mayor Michael Nutter and City Council President Darrell Clarke — over the costs of renovating the park and the sale of the parking garage below it — ended Monday when the two announced a new agreement at the famous statue.

Plans for the renovation of the park, known as JFK Plaza, call for a new water feature, expanded entrances, enhanced gardening and green space, and space for concession stands.

The existing visitor's center may or may not be included in the final design. But the statue stays.

Clarke said the renovations were long overdue, and will "bring some level of vibrancy to the park."

Nutter originally intended to pay $15 million for the renovations, while Clarke preferred an influx of restaurants at the park to pay for renovations.

"This is going to be a premiere location," Nutter said. "And we'll figure out how many, and how big, and how much and all that."

Per the new agreement, money from the sale of the parking garage, as well as revenue from the concessions, private donations and the city's capital projects funds, will pay for the renovation project.

The city also will apply for a $3 million state grant, and the city said it's open to private and corporate donations, or some combination thereof, to help alleviate the need to use taxpayer dollars.

Liberty Property Trust, who partnered with Comcast for the Comcast Center, will help plan and design the renovation for free. Nutter said the city will look to Liberty to help decide how many concessions will fit.

"We're going to have a fantastic park," Nutter said. "It'll cost whatever it costs, but we want it to be high quality."

Renovations

The plan is to:

- Maintain the park's diagonal layout.
- Incorporate another main water feature.
- Open all of the sides of the park.
- Expand the green space.
- Limit steps and levels.
- Keep the LOVE Park statue.

Quoted

"I know a little bit about eating, but I don't know a whole lot about running a restaurant."

Nutter, comparing his knowledge of design and renovation to that of the Liberty Trust Group.

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Anti-violence program could become citywide

Expansion. A new program that put South Philly gang members in one room and told them to shape up is showing results.

Teenagers whose lives have been redirected by the Focused Deterrence program were among those testifying at a City Council hearing Monday on whether the program should be extended from South Philadelphia to the entire city.

"I coulda easily went back to the things I was doing," said Christopher Frasier, 23, during the hearing. "With Focused Deterrence, I make my own decisions."

Frasier is one of the 103 young men in South Philadelphia who so far have worked with Focused Deterrence, a program in which police, prosecutors and social workers identify gang members and offer them social service assistance — with the warning that further illegal behavior will be punished harshly.

Another former participant who was at City Hall to testify about his experience was Eric Tell.

"I'm not really in the streets now because I have a job," Tell said.

Since the program began, out of the 103 men identified as "impact men" and called in by authorities, 28 have sought out assistance with social services, said director of public safety Michael Resnick.

Of those 28, three are incarcerated. The rest are involved in a variety of programs — some now have jobs, others are in job training programs, GED programs, college application programs and drug or alcohol abuse treatment.

SAM NEWHOUSE
sam.newhouse@metro.us

Should it expand?

Focused Deterrence is based on the research of Professor David Kennedy at John Jay College of Criminal Justice.

- It started in April 2013 in South Philadelphia.
- City Councilman Dennis O'Brien wants to create an Office of Violence Reduction to promote similar programs around the city.

Limited-time offer

FOP increases reward for Long killers

The Fraternal Order of Police Lodge 5 added another $10,000 to its reward for information that leads to the arrest of those responsible for the murder of Amber Long, who on Jan. 19 was shot and killed in front of her mother.

However, it's a limited-time offer.

The now-$20,000 reward is only good until Feb. 16. After that, the reward will lower back to $10,000.

"Lodge 5 hopes that this new reward will create the environment where the people who know who did this will come forward and give information on the three people who killed Amber Long," according to a statement.

Contact police at 215-686-8477 (TIPS).

METRO

Powder I formation

The St. Joseph's Prep rugby team had its first practice of the season on Monday, slipping and sliding on a snowy field in Fairmount Park. / CHARLES MOSTOLLER, METRO

Robert King is the U.S. special envoy for North Korean human rights. / GETTY IMAGES

US envoy invitation is withdrawn for North Korea visit

No explanation. It is unknown why U.S. special envoy Robert King's invitation was rescinded.

The White House said on Monday it was "deeply disappointed" by North Korea's decision to rescind an invitation to U.S. envoy Robert King to visit Pyongyang to discuss the release of imprisoned U.S. missionary Kenneth Bae.

The White House remains prepared to send King, the U.S. special envoy for North Korean human rights issues, to North Korea [the Democratic People's Republic of Korea], White House spokesman Jay Carney said.

"We are deeply disappointed by the DPRK decision for a second time to rescind its invitation for Ambassador King to travel to Pyongyang to discuss Kenneth Bae's release," Carney told reporters.

Bae, a 45-year-old Korean-American, has been held for more than a year in North Korea after being sentenced to 15 years of hard labor on charges of trying to overthrow the state.

A delegation including a retired U.S. diplomat now in North Korea is not visiting at Washington's behest, a U.S. official said on Monday.

The retired diplomat, Donald Gregg, who was U.S. ambassador to South Korea in the late 1980s and 1990s, arrived in Pyongyang for a visit with a group, North Korea's official new agency KCNA said on Sunday. **REUTERS**

Quoted

"This private delegation did not travel to North Korea on behalf of the U.S. government."

The U.S. official
who spoke on condition of anonymity

March visit

Netanyahu to talk curbs on Iran with Obama

Israeli Prime Minister Benjamin Netanyahu, who has condemned a big power deal with Iran on its nuclear activity, said he would meet U.S. President Obama in Washington next month to further the goal of denying Tehran an atomic bomb capability.

Netanyahu said the main aim of his Washington visit would be to further the goal of preventing Iran from being able to "break out" a nuclear bomb. **REUTERS**

Chat. Christie request for Hoboken mayor interview rebuffed

Dawn Zimmer, the mayor of Hoboken, N.J., rebuffed a request by lawyers for the office of Gov. Chris Christie to interview her about her claims that his administration threatened to withhold Hurricane Sandy aid if she didn't back a real estate development project.

Randy Mastro, an attorney representing Christie's office, sent letters Feb. 4 seeking documents and interviews with Zimmer and four city employees. On Feb. 6, Zimmer's lawyer Gerald Krovatin declined the request, writing that the mayor and the city are already cooperating with a probe by U.S. Attorney Paul Fishman in Newark, N.J.

"We question whether it is appropriate for the governor's office, in essence, to be investigating itself, particularly when an investigation of the same subject matter is being conducted by the U.S. attorney's office," Krovatin wrote to Mastro of Gibson Dunn & Crutcher LLP. **BLOOMBERG**

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Winter Olympics.
Canada picks up two more golds on Day 3

1 Canadian **Alex Bilodeau** was mediocre in his first two finals runs, but stepped up when it mattered to repeat as men's moguls champion.

2 Superstar **Shaun White** soared above the halfpipe yesterday in training ahead of the finals today at 12:30 p.m. Eastern time.

3 **Martin Fourcade** of France started 12 seconds after Ole Einar Bjoerndalen, but tracked down the Norwegian legend to win the 12.5-kilometer biathlon pursuit gold medal.

4 Short-track speed skating got underway on Monday with the men's 1,500-meter race. Canada's **Charles Hamelin** won the country's second gold medal of the games (Bilodeau would later win its third). U.S. skater J.R. Celski finished fourth.

5 The heavily favored Canadian women's hockey team entered the third period tied 0-0 with Finland, but picked up three goals for a 3-0 win.

ALL PHOTOS GETTY IMAGES

Medal count

	G	S	B	T
1. Canada	3	3	1	7
Holland	3	2	2	7
Norway	2	1	4	7
4. Russia	1	2	3	6
5. USA	2	0	3	5
6. Austria	1	2	0	3
Czech R.	0	2	1	3
8. Germany	2	0	0	2
France	1	0	1	2
Sweden	0	2	0	2

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EDUCATION TOWARDS EMPLOYMENT

College aid

Michelle Obama plugs FAFSA

The Obama administration enlisted the help of the first lady in an effort to ensure that families get access to federal aid to help pay for college. Last week, she urged Alexandria, Va., students and parents to use the Free Application for Federal Student Aid, or FAFSA.

"Too many students don't bother to apply for college because they don't think they'll be able to afford it," she said.

Last year, only half of high school seniors filled out the FAFSA form, according to the Department of Education. **REUTERS**

MICHELLE OBAMA
GETTY IMAGES

Essential MBA survival tips from those in the know

See more at www.metro.us

Using the time early in the morning or late at night, and committing to sticking with it, can be the easiest way to make sure things get done. / COLOURBOX

Quoted

"Understand when time constraints mean you need to say no. You might feel bad to start with, but if you communicate effectively with people, they'll understand. But the No. 1 thing you need to know is: Understand how much sleep you need to get!"

James Doherty, co-founder of Origin and full-time MBA candidate at ESADE Business School

Advice. We asked directors and candidates how to make the MBA program count.

1 Make a realistic appraisal of how much time you can devote to an MBA program. Discuss the program with the school and current students to get their opinion of the time required. Consider online courses based on your job and travel requirements. **LARRY CHASTEEN, DIRECTOR OF THE ONLINE MBA PROGRAM AT THE NAVEEN JINDAL SCHOOL OF MANAGEMENT AT THE UNIVERSITY OF TEXAS AT DALLAS**

2 Establish good study habits early. Find a time that works for you — in the wee hours of the morning before the rest of the family is awake; after work and before you go home; after the kids go to bed — and commit to that time every day. Find a quiet place free of distractions for maximum performance. **PAMELA BRADY, DIRECTOR OF THE EXECUTIVE MBA PROGRAM AT THE NAVEEN JINDAL SCHOOL OF MANAGEMENT AT THE UNIVERSITY OF TEXAS AT DALLAS**

3 Ask yourself some questions: Do you want to give up your spare time, hobbies and sleeping hours? Do you have the financial resources? Are you sure you're ready to take on the responsibility? **ALEJANDRO CASASEMPERE, EXECUTIVE MBA CANDIDATE AT IESE BUSINESS SCHOOL AT THE UNIVERSITY OF NAVARRA**

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Tips on slashing your grocery bill

Money. Melissa D'Arabian, the host of Food Network's "Ten Dollar Dinners" shares her tips.

Melissa D'Arabian has mastered the art of cooking delicious meals with the cheapest items in the grocery store. / PROVIDED

Melissa D'Arabian, host of "Ten Dollar Dinners," might have her hands full with four daughters and a TV show, but she still makes saving money a priority. She even partnered with CouponsForChange.org, where shoppers can save money and feed a child simply by using coupons. Here, she shares her top four tips on spending less for more.

1 Find your loss leader: D'Arabian says grocery stores will typically offer a "loss leader": a special deal on meat to draw in customers. She suggests looking at the front page of a grocery store flier when deciding where to make your shopping trip. "That's where they're going to put their best protein deals, and then you can decide if you want it or not," she explains. D'Arabian also says though space is often a commodity in urban areas, it doesn't hurt to grab an extra pack or two of your favorite proteins when they're on sale to pop in the freezer.

2 Front-load your meal with cheap protein: D'Arabian says an easy way to stretch pricey cuts of meat is to start meals with inexpensive proteins like beans or eggs. She says this is especially useful when serving guests. "If you do a black bean hummus or white bean and tomato bruschetta and people fill up on these nice, fiber and protein-filed gems, they're going to sit down at the table not ravenously hungry," she says. "They're going to naturally eat less and not feel like they got cheated."

3 Buy the cheapest produce: Instead of heading to the grocery store knowing what fruits and vegetables you want to buy in advance, D'Arabian suggests waiting until you get there to see what the best deals are. "Unlike everything else, whatever is cheapest in produce is also what is best," she says. "We think if we spend more money, we'll get something better, but when there's an overstock that pushes prices down and that means it's in season." D'Arabian also says it's key not to turn up your nose at frozen vegetables, which are convenient, nutritious and inexpensive.

4 Have a "bean night": D'Arabian says she has what she calls a "bean night" once a week. She doesn't always serve beans, but the main course will always consist of very inexpensive proteins. "Having one 'bean night' or scrambled eggs night in your schedule is automatically going to save the average family a ton of money," she says. D'Arabian likes making dishes like crustless quiche, beans and eggs or quinoa with beans or lentils on these nights. You'd be surprised at how many recipes there are using these cheap, but yummy proteins.

Bonus tip

Try a new cut of meat

Boneless, skinless chicken breasts are easy to cook and low in fat, but they're not the only source of protein. D'Arabian confesses that she was reluctant to try different cuts of meat until she lived in France and saw people using chicken thighs and legs. "Braising is such a great way to extract amazing flavor from the cheapest cuts of meat," she says.

ANDREA PARK
andrea.park@metro.us

Trainer by day, comedian by night

SECOND SHIFT

Creative ways city-dwellers make ends meet

EMILY LAURENCE
Contact us if you have a story to tell: emily.laurence @metro.us

"I need to do comedy to keep me sane," Senor-Ocasio says. / KYLE SENOR-OCASIO

Work life. Our new series features people working more than one job to make ends meet, because the rent is too damn high.

Tell me about your two jobs.
My main job is managing a gym, and I also do personal training to make extra money. I usually work at the gym during the week, 9 a.m. to 5 p.m. My second job is performing comedy Thursday through Saturday, doing two shows each night.

What does your husband do?
He's a personal trainer as well and works until about 9 p.m. When he comes home, that's when I leave to perform comedy.

When did you start working as a trainer?
After I had my second child, my husband's salary just wasn't enough — so I went back to work. When my third child was born, I had to start performing again just for my own sanity. ... Part of the reason I work so hard is necessity, but also so my family can take advantage of the city.

How does your husband feel about you working two jobs?
He's supportive because we'd be broke if I didn't, but I think sometimes he wishes we had more time together.

Even though you're the one working two jobs, you're still doing most of the care-giving.
Yes. I think many women are put in that position. I'm super ambitious and I'm willing to do whatever it takes. I want to perform comedy, so I come home and make things as easy as possible for my husband so he has no reason to complain.

Are you happy with the way things are, or are you looking to change your lifestyle?
Overall I am happy, but I'm always looking to improve. I would eventually like to be doing only comedy when my kids get older. Traveling comedians make much more money, so I could travel more and make a living that way.

Personal stats

Kyle Senor-Ocasio

Age: 38
Location: Upper East Side, New York City
Lives with: Husband & kids, ages 11, 8 and 6
Number of jobs: 2

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2 CULTURE

Twitter feed

Today, Russell Brand likes to play it safe, Steve Carell isn't feeling too well, Jerry Bruckheimer is making new friends and Shia LaBeouf is still trying to get his point across.

@rustyrockets: In Berlin tonight joking about Hitler.

@SteveCarell: So far this year I have had Olympic Fever, World Series Strep Throat, and Superbowl Diarrhea.

@BRUCKHEIMERJB: Had dinner with President Jimmy Carter last week. Great humanitarian and one of the nicest people I've ever met. Hope to share a pic soon.

@thecampaignbook: I AM NOT FAMOUS ANYMORE

The Norwegians wear technicolor dream pants.

ALL PHOTOS GETTY IMAGES

Sochi: What people are talking about besides the medal count

Olympics! The fame, the glory — the curling pants?

Medals schmedals, y'all. Who cares who is winning what when there are funny pants involved, specifically those worn by the Norwegian curling team. The team first made a fashion splash in Vancouver in 2010 by donning the vibrant gear, made by Loudmouth Golf, and now they are continuing the tradition in Sochi. A Facebook page honoring their outlandish trousers — called The Pants Army — has racked up more than 545,000 followers. They wear a different pair for each game — and are single-handedly keeping the sport of curling interesting.

Meanwhile, Johnny Quinn, the U.S. bobsledder who went viral a few days ago after he tweeted a photo of having to break down his stuck bathroom door, found himself trapped again, this time in an elevator. "No one is going to believe this," he wrote, "but we just got stuck in an elevator." Quinn was with teammate Nick Cunningham and USA Bobsled technical director David Cripps at the time. Cripps couldn't resist tweeting a joke. "Now we're stuck in the elevator! Can [Quinn] get us out?"

And last, but not least, is poor Bob Costas, who is suffering from pink eye and is being forced to wear glasses. The debacle has its own hashtags (#saveBobCostaseye, #pinkisthenewblack) and its own Twitter handle (@BobCostasEyes).

More memes, please

Sochi problems

Well, that was quick. New York City designer Michael Miller (@mychelmiller) has created this #sochiproblems T-shirt that shows off the laughably tragic Olympic ring malfunction from Friday's opening ceremony. It'll set you back $22.95, which is probably the yearly salary of the poor Russian lighting technician who was in charge of making sure all of the rings appeared, and who is now having a nice "vacation" in Siberia.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Talking point

Meet the poet, Kristen Stewart

Kristen Stewart reveals to Marie Claire that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a type. "You don't know who you will fall in love with. You just don't. You don't control it," she says. Another thing she's learned? It's OK to not be good at being a celebrity. "I'm just not very good on TV, and it's not my main goal in life to get good at it."

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ABBIE CORNISH

The actress stars in a remake of one of her very favorite films: "RoboCop."

DIFFERENT ENOUGH

WIREIMAGE

Abbie Cornish has fond memories of the original "RoboCop," having grown up in Australia watching, rewatching and eventually wearing out a VHS copy of the 1987 film at far too young an age, thanks to her older brothers. So she hopes other fans of Paul Verhoeven's ultraviolent action flick will take her involvement in Jose Padilha's PG-13 remake as a major vote of confidence.

It was a different time, when you had to worry about VHS tapes wearing out.
And it was so devastating when they did — or if they tore! And sometimes you couldn't replace them either. It seems so silly — 10 years later I'd be trying to find another VHS of "RoboCop," and you can't. It's like all of a sudden it becomes a collector's item. It's different now.

What were some of your favorite parts of the original?
I mean, that scene is crazy when he goes in on his own and he gets blown apart. I know it sounds really violent — because I was, like, 5 or 6 when I watched that — but that scene is just insane. It's really classic. I love that movie. I really enjoyed watching it again. I watched it a couple of times before we made the movie, and people were like, "Don't do that!" I was like, "But I love it!"

Plus, this version is pretty different from the original.
It's a whole different entity. Look, I really hope that the people who are skeptical about the film and are saying that they're not going to watch it because "we love the original 'RoboCop' and they shouldn't have remade it!" — I really hope that they go to the cinemas and watch it because I think that they'll be pleasantly surprised.

The default position of any remake is skepticism though.
I guess so. Maybe I've just never been privy to it. [Laughs] We retell stories all the time. Sometimes they're very well done and sometimes not so well done, so I can understand people's skepticism about that as well.

NED EHRBAR
ned.ehrbar@metro.lu

The actors studio

What are some of your favorite tricks of the trade for tapping into a character?
I listen to a lot of music while I work. I usually make a playlist for each film that sums up what that character's journey is throughout the film, so I can always go back to it. Basically it's like home. Or sometimes, if I feel a bit lost on the way to work in regard to what we're doing, I'll pull up a [J.M.W.] Turner painting and just stare at it for half an hour. Because sometimes, to be honest, I don't know what I'm doing as an actor, and I like that feeling.

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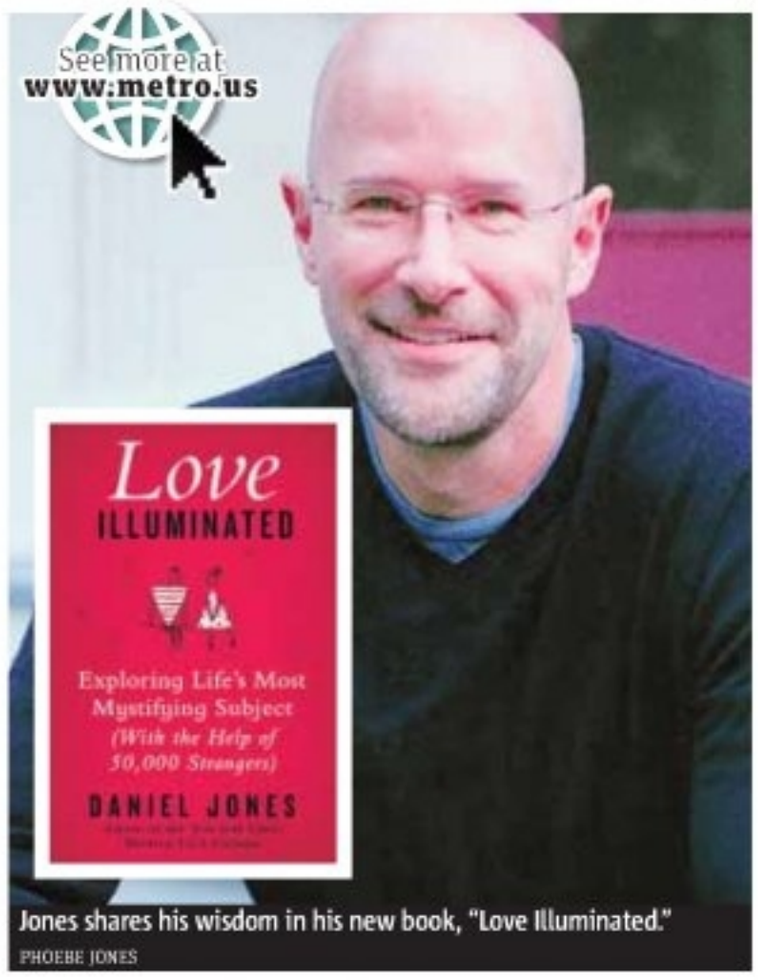
Love lessons from 'Modern Love' editor Daniel Jones

Valentine's Day. New York Times editor Daniel Jones reveals what he's learned after 10 years of editing the "Modern Love" column.



Jones shares his wisdom in his new book, "Love Illuminated."
PHOEBE JONES

In honor of Valentine's Day, we called up Daniel Jones and got him to reveal some of the biggest love lessons he's learned after reading the roughly 50,000 stories that have landed in his in-box.

If the idea of dating overwhelms you, get offline. "There's this belief that the more people you meet or go out with, the more chance you have of finding that one special person," Jones says. "But from what I've seen, people have much better luck starting with a small group instead of searching for that perfect person within dozens and dozens," Jones tells us.

He adds that even with the popularity of online dating, people are still falling in love the same ways as in the past: by meeting people through friends, work or hobbies. "Less is more," he says. "Go on a trip with a small group of people or join a club based on your interests."

Recognize the difference between a sign and coincidence. One thing Jones has noticed is that even though finding love is getting more mathematical and scientific, people are grasping to signs of fate more than ever. So how do you know if something is truly a "sign" that you've found the perfect person? "A sign is meaningful if it says something about you or what you want in a relationship," Jones says. Sharing the same birthday or having a random friend in common doesn't say anything about you; it's just a coincidence.

EMILY LAURENCE
emily.laurence@metro.us

Love in pieces

Fragmented relationships can be fulfilling, but not forever

"It's easy to break yourself up into pieces and have sex with someone without caring about that person and then have a really deep connection with someone you don't have sex with," Jones says. And it isn't always a bad thing; it just shows you aren't ready to be in a full relationship." But if do you want the real thing, you have to give it your all.

The sweet and the sour. Valentine's Day books

You can try to ignore the abundance of pink and red and heart-shaped boxes of chocolate, but Valentine's Day is still happening. Whether you're coupled up, happily single or not-so-happily single, this Hallmark holiday can make you even more aware of your relationship status. No matter what it is, there are three new books that will have you feeling the love. And no, none are self-help books, because you're perfect just the way you are. EMILY LAURENCE

For the perpetually single

1 'Never Have I Ever: My Life (So Far) Without a Date'

By Katie Heaney

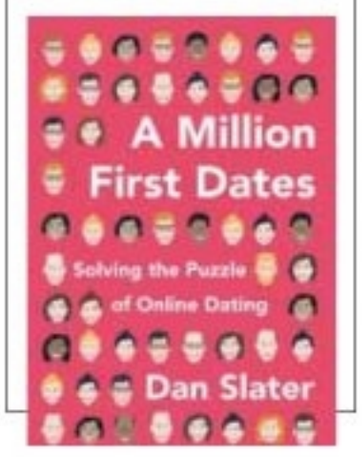
Not only has 25-year-old Katie Heaney never had a boyfriend, she's never been on a second date. There's nothing "wrong" with her — it just hasn't happened. But her memoir is far from a woe-is-me story. You'll laugh right along with her as she decodes Facebook messages and mulls over the continuous advice from her friends.

For the online addict

2 'A Million First Dates'

By Dan Slater

Writer Dan Slater takes readers behind the scenes of the online dating world, interviewing the curators of the sites about how their values play into their match-making. He also examines how modern dating has changed our thoughts about the meaning of romantic love.

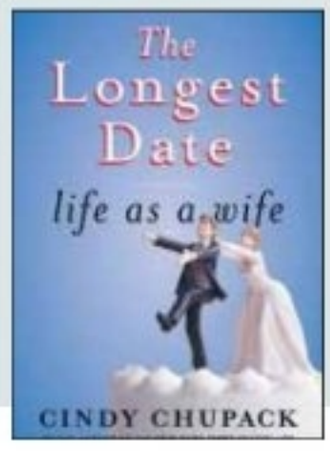


If you just got married

3 'The Longest Date: Life as a Wife'

By Cindy Chupack

Former "Sex and the City" writer Cindy Chupack spins her early years of wifedom into comical, relatable tales. More sobering, she talks about her struggles with infertility, which really gives this book its heart.



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Don't be a muggle

Harry Potter does Orlando

This summer, Universal Orlando Resort will open its long-awaited Diagon Alley expansion of The Wizarding World of Harry Potter. The new whimsically themed area will double the size of the sweeping zone already dedicated to Potter's enchanting world, bringing even more of the boy wizard's adventures to life.

By land and by sea

Skip the mouse. Royal Caribbean makes Universal Orlando Resort its new port of call for family fun.

Loews Royal Pacific Resort is one of the hotels near Universal Orlando Resort. Visit www.royalcaribbean.com/finacruise for booking details. / UNIVERSAL

The idea of a family vacation often evokes anxious visions straight out of a "National Lampoon" film. But not all trips with the kids have to put stress on parents, or cater only to the little critters.

As part of Royal Caribbean International's collaboration with Universal Orlando Resort, vacationers of all ages can spend 10 days getting the best adventures of both land and sea.

The cruise package starts off with a few days at Universal Orlando Resort, followed by a week of island-hopping through the Caribbean aboard the Freedom of the Seas cruise ship.

Included in the package and just steps from the park, Loews Royal Pacific Resort offers a lavish but family-friendly option for on-land accommodations in a lush, South Seas-themed environment that really prepares sea-bound travelers for the next leg of their journey.

The vacation then sweeps guests to Freedom of the Seas, a luxurious ship that departs from Port Canaveral and offers a plethora of pools, bars, restaurants, theater, casinos, shopping and, perhaps most importantly, well-managed child care.

Overall, the action-packed vacation is sure to send a jolt of sunny adrenaline to the hearts of youngsters and kids-at-heart as they are whisked away from the humdrum of their everyday life.

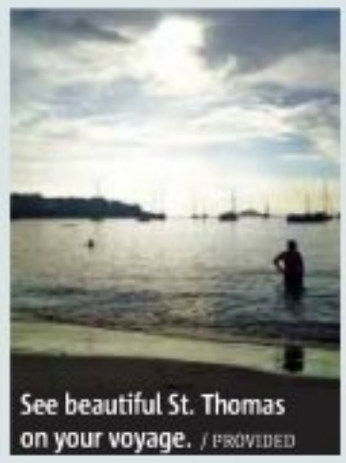
On the waves

Make a splash!

Freedom of the Seas makes a stop in CocoCay, Royal Caribbean's private island destination, which features one of the Bahamas' largest water parks. Daredevils can brave a 40-story drop on one of the world's largest inflatable water slides.

Freedom offers a variety of indoor activities for all ages, including a 3-D movie theater, indoor skating rink Studio B and the Arcadia Theater, where musicals, comedy and magic shows all included in the cruise fare.

Family-friendly discos evolve into adults-only venues late at night, while the On Air Club karaoke bar gives any songbird's voice a chance to soar.



See beautiful St. Thomas on your voyage. / PROVIDED

A jaunt in St. Thomas

The Freedom cruise ship also stops in balmy St. Thomas, but because cruisers only get one day on the island, any excursions should be planned ahead of time. The glass-bottom Kon Tiki Sightseeing and Beach Cruise is a must for anyone looking to get a glimpse of historic St. Thomas Harbor. With a stop over a coral reef, the excursion peaks with a swimming excursion on a white sand beach, and winds down with dancing, party games and a limbo contest. The beach cruise offers onboard lunch options and plenty of island-inspired rum drinks for the grown-ups.

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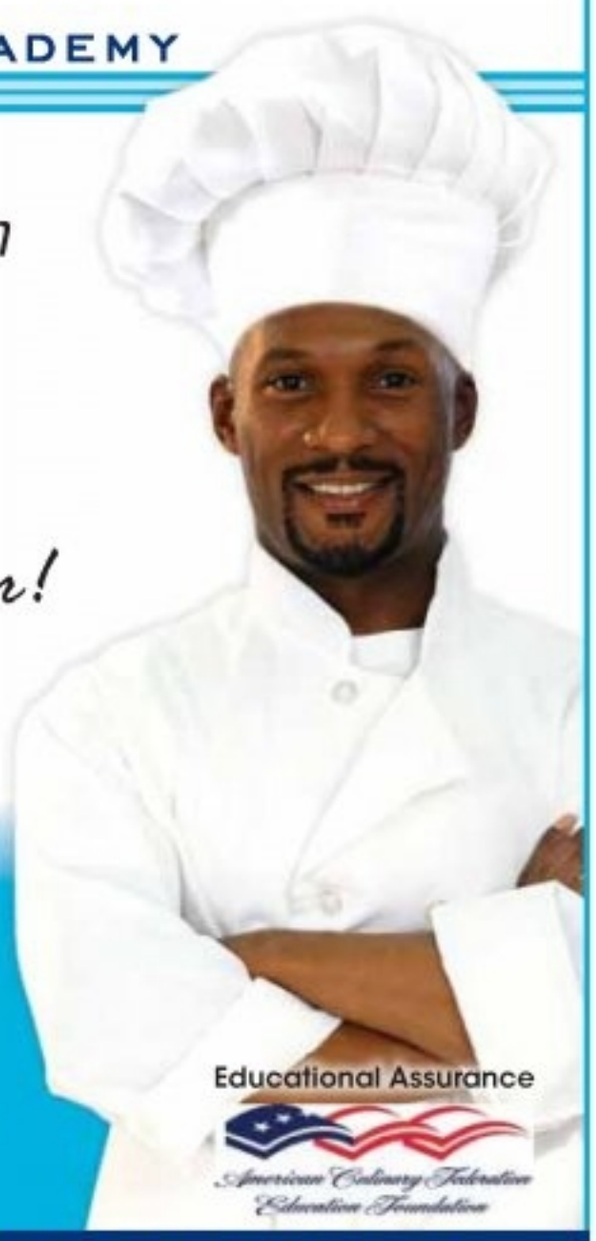

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NYFW: Tommy Hilfiger takes us to the slopes

Fashion week diary

Follow our editors' diaries as they take you behind the scenes of NYFW.

Sunday

12:45 p.m.
After hitching a ride with some editor friends being chauffeured in a Bentley (score!) I arrive at **DKNY**. I have a look at the press notes, which say the collection, called New York Mash Up, will be about "old school/new school," "chic with street" and "real people/real style."

1:15 p.m.
People are cheering. That never happens. Runway shows are generally serious affairs filled with poker-faced models and fashionistas. But here, Donna Karan and team have replaced the usual waif-y mannequins with a mix of artists, writers, DJs, performers and girls about town — Angel Haze, A$AP Illz and Hannah Bronfman are getting the loudest woo-hoos — to drive home the collection's "real people/real style" theme. The "models" are all so diverse and United Colors of Benetton-y with their perfectly high cheekbones, mussed fros, artfully dyed hair and elaborate tattoo sleeves. When did "real" New York become so pretty?

But we're here to talk about the clothes, and it's frankly nice to see them on a wider range of bodies. The collection is built around black — that classic New York go-to color — with a few graphic moments of white, navy, pink, gray and yellow mixed in. What stands out is how edgy the clothes have become. Five years ago, I associated DKNY with cute dresses for that entry-level job. But the collection has evolved to a place that feels a little more left-of-center, cooler and in tune with the brand's streetwear roots. Standouts include the range of outerwear such as a fur-sleeved parka and a series of graphic, striped shearling coats. **KENYA HUNT**

The designer

Tommy Hilfiger

- **Major trends:** Blanket references in the form of dresses, skirts and coats
- **What this will mean for your wardrobe:** Durable, classic winter wear that really does marry fashion and function

Monday

11:10 a.m.
Cue a round-up of Instagrams with captions that say things like "apres-chic." The Park Avenue Armory has been transformed into an Alpine village with snow capped mountains and pine trees, which make a fitting backdrop for the tartan plaid that surfaces in every **Tommy Hilfiger** collection.

11:35 p.m.
The first look? Surprise surprise, it's plaid. An olive parka, check dress and hiking boots opens the lineup of rugged, outdoorsy looks. The clothes are steeped in Americana; these aren't St. Mortiz snow bunnies. Instead, the vaguely vintage-flavored duffle coats, shearling jackets, chunky sweaters, fair isle knits and fleece dresses have a sporty athleticism to them that imply Tommy's girls do more than sip hot chocolate inside a lodge. The mix of mountaineering and country Western references work well, giving his sportswear a sense of newness and taking it away from his usual collegiate territory. You have to give him credit for reinventing his trademarks season after season. And it doesn't get more classic Hilfiger than this. **KH**

The designer

DKNY

- **The major trends:** Sporty sweats, pink, contrasting textures, blanket layering and shaggy outerwear
- **What this will mean for your wardrobe:** All the sporty looks you've bought have at least another season or two left in them.

DKNY

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Parenting with earbuds

Most of the opinions you hear about your parenting techniques you didn't want to hear in the first place. But here are three (free!) podcasts that offer advice, insight and — most importantly — the knowledge that you're not the only one bribing and Hail Mary-ing your way through it all. **JULIA FURLAN**

'The Longest Shortest Time'

Billing itself as a "3 a.m. bedside companion for new parents," this show is smart, funny and held together by heartrending, beautifully told stories. Writer, mom and radio producer Hillary Frank generates segments that bring out the best in both parents and audio production. It's good for your brain and your heart.

Listen when: Everyone else is asleep and you don't want to feel alone.

'Mom and Dad Are Fighting'

Slate magazine is a power player in the podcast game, tapping the quintessential intellectuals that roam its halls (and its website) with shows like the Culture Gabfest, the feminist XX Gabfest and the sports podcast that's not just for jocks, Hang Up and Listen. Their new parenting podcast has editors and contributors Allison Benedikt and Dan Kois discussing the latest in parenting news, along with smart guests who share their parenting fails or triumphs. Press download on this one before you have a lot to catch up on.

Listen when: You've had your coffee.

'Manic Mommies'

Laughing at the trials of parenting is a huge part of making the unpleasant moments bearable — which is why working moms Erin Kane and Kristin Brandt have segments like "What's on My Clothes This Week." With banter that rounds out solid advice on everything from planning a financial future to dealing with angsty teens, they fearlessly go forth into "having it all," supported by their active community and fans.

Listen when: You're bunching the 6 millionth sock from the laundry pile or you're tuning out an Xbox-related spat.

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Horoscope

♒ Aquarius | Jan. 21-Feb 18. Step back from stressful situations. By putting your thoughts in order, you will find it easier to get back on the right track.

♓ Pisces | Feb. 19-March 20. Ensure that you have all the tools required to make your ideas reality. If you get out and socialize, you'll be admired for your unique contributions.

♈ Aries | March 21-April 20. Apply yourself diligently, and communicate. Misunderstandings will develop if others feel you are neglecting your duties.

♉ Taurus | April 21-May 21. Plan short trips to new locations. Interesting conversations will develop as you share your knowledge with acquaintances.

♊ Gemini | May 22-June 20. Take stock of your financial situation. It may be necessary to make a change. An opportunity to improve your earning potential will develop.

♋ Cancer | June 21-July 22. Lighten up and have some fun. Organize an entertainment with old friends. They will welcome the chance to share in your sparkling wit.

♌ Leo | July 23-Aug. 22. Be wary of people trying to coerce you. Stand your ground, even if it means walking away from your friend.

♍ Virgo | Aug. 23-Sept. 22. New connections can be made through groups or interests that you pursue. The approval you receive for your contributions will bring results.

♎ Libra | Sept. 23-Oct. 22. Treat yourself to some personal pleasures. Take a walk, settle down with a good book or listen to your favorite music.

♏ Scorpio | Oct. 23-Nov. 21. Don't be afraid to seek advice from people who can provide you with valuable information. Your intuition and memory are both highlighted today.

♐ Sagittarius | Nov. 22-Dec. 21. Watch your expenses. Ignore people who try to persuade you to overspend on items you don't need.

♑ Capricorn | Dec. 22-Jan 20. Your heightened emotions may get out of control today. Keep your expectations realistic. Don't cause problems by forging ahead. BERNICE BEDE OSOL

Sudoku: Easy and hard

1		4			7			
2		6	1				9	3
			2	6				
8					3		6	
	6		7	1	2		8	
	5		4					9
				7	5			
5	1				8	2		6
			9			4		8

		7	3	5			8	
				6	8		3	4
						1	9	
6						8	5	7
			5		6			
5	8	9						6
	5	8						
9	6		7	3				
	1			4	2	5		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Say anything (unless you're Palestinian)

Re: 'Reports on Kerry not balanced' (Metro, Feb. 10) Letter writer Daniel Brooks claims mainstream news sources, even Metro, focus on Israeli dissatisfaction with Secretary of State John Kerry rather than Palestinian protests against Kerry. However, Mr. Brooks' acknowledgment that "the PA Palestinian Authority does not allow dissent" should clarify why a Palestinian protest is not taken seriously by most of the Western press. Which citizen dissent is more likely to be genuine: The Israeli who can support or criticize his government, or the Palestinian who is told to support or criticize his government? A Palestinian echoing his government's policies is not newsworthy and possibly even false. Israelis are free to say anything, unlike people in Palestine and almost the entire Middle East region.

KEVIN METZ, VIA EMAIL

Online

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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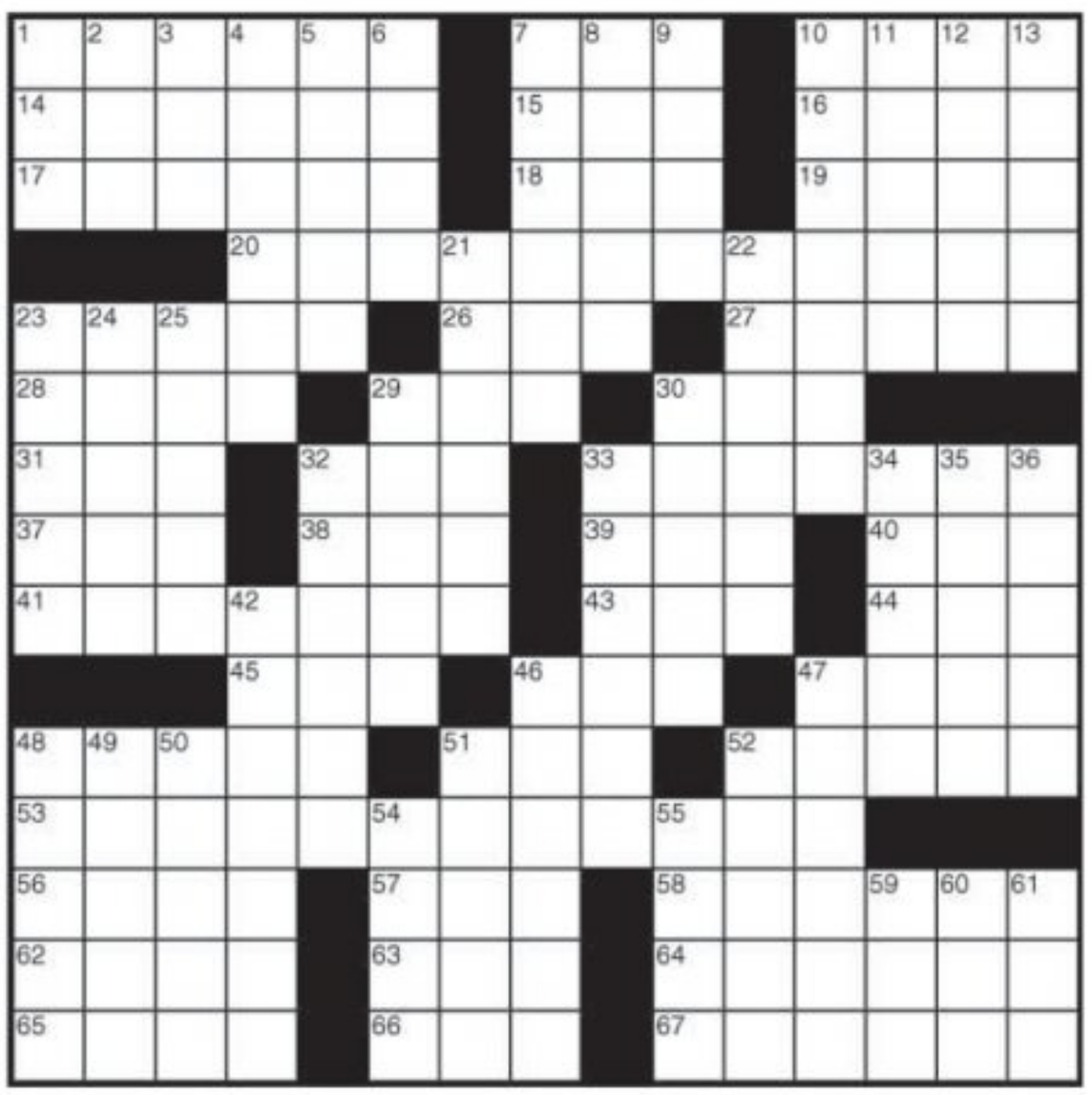
Crossword

Across

1 High standards
7 Maple sugar source
10 Spring beer
14 Rock band crew member
15 Grandson, perhaps
16 Dash
17 Tried hard
18 911 staffer
19 Dog food brand
20 Big picture (2 wds.)
23 Took on cargo
26 Hot time in Quebec
27 Wolfish looks
28 Monsieur's islands
29 Youth org.
30 Earth orbiter of yore
31 Toss
32 Dernier —
33 Soft leather
37 "Just as I thought!"
38 Thing, in law
39 Ignored a diet
40 Cash substitute
41 Where baby rides (2 wds.)
43 "— be an honor!"
44 Business suff.
45 Wool cap
46 — Enterprise
47 Minor setback
48 Thompson and Bovary
51 Four quarters
52 Not chic
53 Subtle menace (2 wds.)
56 If not
57 Melodrama shout
58 Lubricate
62 Makes after taxes
63 Prefix for "classic"
64 Hippodromes
65 Kind of pilot
66 "Indiana Jones" artifact
67 Ball of fire

Down

1 CPA employer
2 Pixel
3 Play it by —
4 Sun-dried bricks
5 Very angry
6 Tea-leaves reader
7 Afternoon nap
8 "La Dolce Vita" actress
9 Crying shame
10 Furry engineers
11 Stan's partner
12 Escapade
13 Feels certain
21 Stop it
22 Omitted syllables
23 Soft purple
24 Luau welcome
25 Preclude
29 Sunfish
30 Catchers' gloves
32 Wrinkle
33 Crusty roll
34 Drying ovens
35 Greek vowels
36 Poke
42 Mustiest
46 Detach
47 Glossy fabric
48 Marathon, e.g.
49 Confused fight
50 Light drizzles
51 Last box to check
52 Deflect a blow
54 Lady of Spain
55 Major Hoople's word
59 Santa — winds
60 Mr. Houston
61 Anka's "— Beso"



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3 SPORTS

Turner trade talks

Sixers say they want a first rounder

According to new reports, the Sixers "continue to hold out hope" that they can trade forward/guard combo Evan Turner for a first-round pick. The Sixers are banking on possible trade partners being impressed by Turner's career high averages in points (17.5), rebounds (6) and assists (3.7). The trade deadline is Feb. 20.

OLYMPICS ARE FILLED WITH INJUSTICE

This year marks the 20th anniversary of the Tonya Harding and Nancy Kerrigan scandal. / GETTY IMAGES

The Voice of Philly Sports

ANGELO CATALDI
LETTERS@METRO.US

I hate the Olympics. Now, please understand that my dislike for the two-week sports extravaganza is not the kind of distaste that most male sports fans feel when confronted with a night of figure skating. No, my feeling is genuine, pure hatred.

The precise moment when I developed this rage remains vivid to me even now. It was 1988, and I was assigned by the Inquirer to cover the summer games in Seoul, South Korea. In chronicling the exploits of the U.S. boxing team through a grueling series of trials, I got to know boxer Anthony Hembrick, an inner-city Detroit native who saw boxing as an escape from abject poverty.

The day he had dreamt of for most of his life became a nightmare unlike any I have ever encountered in four generations of covering sports. Hembrick never got to fight in South Korea because one of his coaches screwed up the bus schedule. By the time Hembrick had arrived at the arena, 12 minutes late for his first Olympic match, his South Korean opponent had been declared the winner by forfeit. An appeal brought no justice for Hembrick, with the Communist countries banding together to shaft America. The fact that Hembrick was an innocent victim meant nothing to these heartless bureaucrats. Eventually, Hembrick became a successful pro boxer, but he never got over his Olympic experience — and neither did I.

If you believe this is an isolated case of Olympic injustice, then you have not been paying attention.

The 1972 basketball final between the U.S. and the U.S.S.R. was the single most corrupt finish in sports history. The assault on U.S. figure skater Nancy Kerrigan in 1994 was another blight, as was the Zola Budd-Mary Decker debacle in 1984. No sports tradition has ever featured more injustice than the Olympics, which continues to be packaged as a sweet television spectacle. What the coverage won't show you is what I saw in 1988: women's coach Bela Karoli verbally abusing teenage gymnasts every day, every minute; Roy Jones Jr. losing a gold medal by decision after demolishing his opponent; and so many others steam-rolled by the Olympic machine.

Whenever I see the medal ceremony, I think about Anthony Hembrick and the look of utter devastation on his face that day in South Korea. To me, this bogus sports event will always be about him, and about all the other young athletes who lost their dreams at the Olympics.

Cataldi on the Eagles

Vick is no longer an NFL starting QB

First, Michael Vick lost his job. And now he's losing his mind. What other logical explanation can there be for the insane demand the Eagles quarterback is making as he embarks on another round of free agency? Vick wants the starting position handed to him.

That's right. During his round of interviews leading up to the Super Bowl, Vick had one clear message for all potential suitors: He doesn't think he should have to compete for a starting job, even though he's 34 now and hasn't had a healthy season in four years. His argument is that he presents such a unique skill set, he really only fits as a starter.

Yes, he still has a terrific arm and excellent — though declining — mobility, but his baggage is even bigger than his talent. He is a turnover machine, he gets hurt all the time, and do we even have to bring up prison and the dogs and his crazy brother Marcus?

Vick still has something to offer an NFL team, but first he has to deal with one reality; it is 2014, not 2004.

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Cataldi. Vegas has more confidence in the Phillies than fans do

An extraordinary thing has happened in the final days before the Phillies report to spring training later this week in Clearwater. For the first time in recorded history, Las Vegas has more optimism for our baseball team than its own fans. The Vegas sports books believe the Phils will win at least 83 games. Most fans are in the 70s, at best.

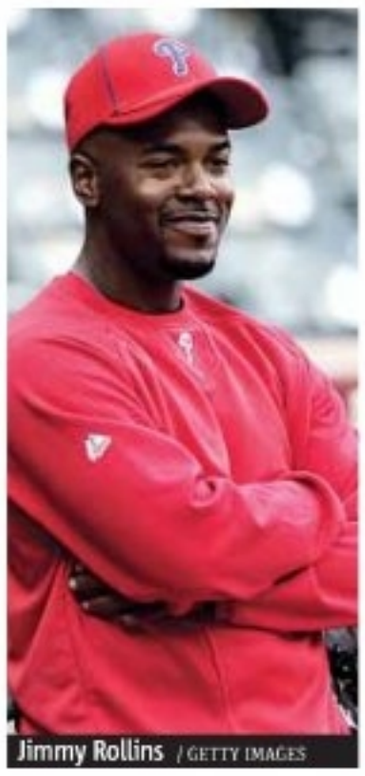
How is this possible? How can a fan base that set attendance records two seasons ago bail so quickly on a team with many of the same names – Rollins, Utley, Howard, Hamels, Ruiz – that represented the most successful era in team history? Are the customers spoiled?

No, they're not spoiled. The source of their pessimism is simple to pinpoint, but difficult to correct. They believe the team is doomed as long as Ruben Amaro Jr. is GM of the team. Many are amazed that an executive who took over a championship club six years ago and turned it into a 73-89 disaster five seasons later still has a job.

There is no reason to believe in Ruben Amaro, so there is no reason to believe in the team. At least that is the fan mindset as the familiar names gather together for what promises to be a somber last hurrah. The new guys – basically, Marlon Byrd and Miguel Alfredo Gonzalez – inspire only more longing for off-seasons that brought more talent, more optimism. The other guys are too old.

Las Vegas looks at the roster of talent and says, hey, anything can happen. Eighty-three wins can become 85, maybe even 90 with a smattering of good luck and good health. The fans know better. They know you have to reach bottom before you start back up. And the season that awaits us – at least in many eyes – promises only the dark before the dawn.

ANGELO CATALDI



Jimmy Rollins / GETTY IMAGES

Idle thoughts

JAMIE MOYER
GETTY IMAGES

- If the rumors are true, Comcast is about to make a colossal mistake in the Phillies TV broadcast booth, choosing Jamie Moyer over Mitch Williams. Moyer is classy and intelligent, which is another way of saying he's boring. Williams is interesting and entertaining. Williams will cost more? Comcast just paid $2.5 billion for the TV rights. Pay the man.

- Ed Snider freaked out last week when Flyers captain Claude Giroux was snubbed again by Team Canada. What the chairman is really steamed about is the fact that the long Olympic layoff arrived when the Flyers were playing their best hockey of the season.

- The best news in the new TV deal for NFL Thursday night games on CBS is that Mike Mayock is out as a color analyst. Phil Simms will do double duty on Thursdays and Sundays, and Mayock will take his condescending coach-speak style back to college, where it belongs.

ANGELO CATALDI

Phillies are not as old as they seem

MLB. The Phillies aging core takes the spotlight away from some impressive young talent.

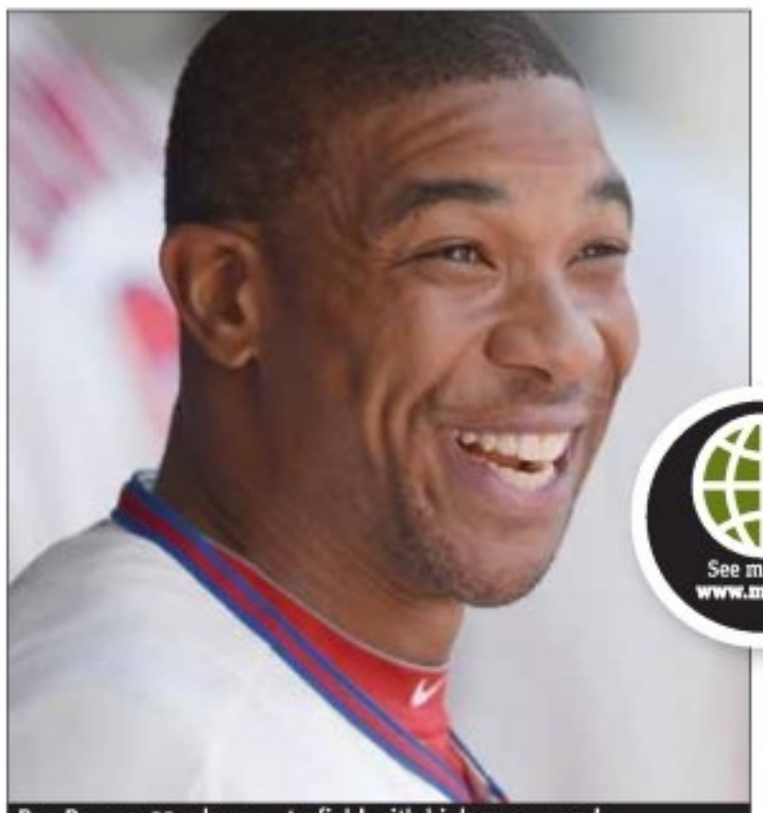
It does not come as a surprise that many baseball analysts and fans think of the Phillies as elderly and washed up.

After all, the framework of the team is in its mid-30s, a group of one-time All-Stars and World Series champions who are battling health issues as well as declining skills.

Jimmy Rollins, the MVP in 2007, hasn't hit above .270 for five seasons now, and the 2006 MVP Ryan Howard hasn't hit more than 30 homers in three years.

But nearly half the projected 2014 roster is likely to have its best years still ahead.

The outfield this year, even with new import 36-year-old Marlon Byrd, has the potential to be very productive with Dominic Brown, 26, fresh off a career-best season and speedy Ben Revere, 25, looking to lock up his spot as the Phillies' long-term centerfielder.



Ben Revere, 23, plays centerfield with high energy and is lightning-fast on the base paths. / GETTY IMAGES

Several other young players have the chance to make an impact this year, like first baseman and outfielder Darin Ruf, 27; outfielder Cesar Hernandez, 23; third baseman Cody Asche, 23; and shortstop Freddy Galvis, 24.

The pitching staff too has many arms in their 20s, like Cuban free agent acquisition Miguel Alfredo Gonzalez, 27, who has the opportunity to be a top-three starter for the Phillies.

Antonio Bastardo is still just 28 years old and Jonathan Pettibone is only 23 years old, vying for a spot in the rotation.

EVAN MACY
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See more at www.metro.us

NCAA. Villanova's Bell named Big East Player of the Week

Villanova's James Bell is collecting hardware this season, including three straight Big 5 Player of the Week awards. / GETTY IMAGES

There are multiple heroes on the nearly unstoppable Villanova Wildcats this season, but it is hard to argue that James Bell is making his case for team MVP.

The senior was voted the Big East Conference Player of the Week Monday, following two stellar performances in two winning efforts for the No. 6 Wildcats.

Bell led the squad with 23.5 points and seven rebounds in the two victories, shooting 68 percent from the field and 58.8 percent from beyond the arc.

On the season, Bell is averaging 16 points and 5.8 rebounds per game.

Bell was also named the Big 5 Player of the Week for the third consecutive time.

Bell's teammates are no doubt equally pleased with the most recent top 25 poll from the Associated Press that has the 21-2 Wildcats keeping their position just outside the top five.

Ahead of Villanova in college basketball's most elite quintet are Syracuse (unanimous No. 1), Arizona, Florida, Wichita State and San Diego State.

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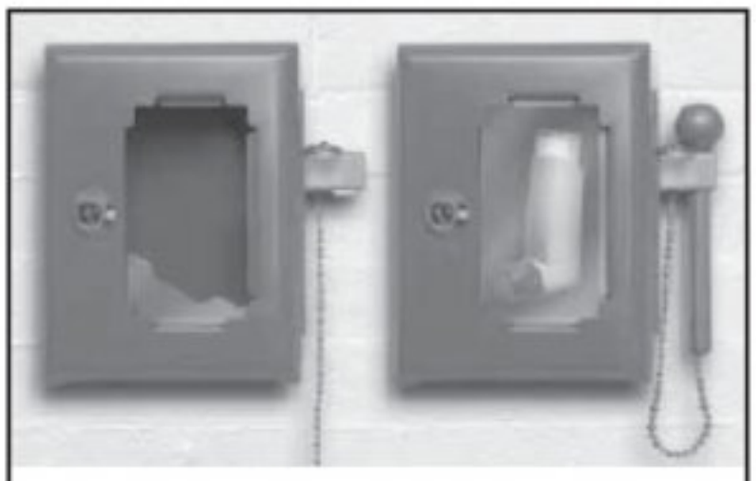

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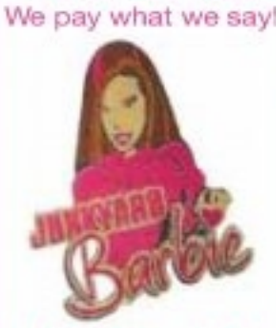

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General Help Wanted

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• Training provided • Close to public trans.
For an interview please call
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TRAINING PROVIDED
Back Check Upon Hiring

This is the watch Stephen Hollingshead, Jr. was wearing when he encountered a drunk driver.
Time of death 6:55pm.
Friends Don't Let Friends Drive Drunk.
U.S Department of Transportation
Ad Council

Real Estate/Sale

EQUAL HOUSING OPPORTUNITY
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Homes

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Real Estate Wanted

Real Estate Wanted

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Real Estate/Rent

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Gorgeous 1 bedrooms
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or
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reserve your space
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To book, call 1-888-283-7232 or contact your travel agent.

Celebrity Cruises®

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